



Caring for Mental Wellness

For You or Someone You Know

Depression is not a normal part of aging. In fact, studies show that adults generally feel satisfied with their lives, despite the physical challenges that come with age. When a difficult life event occurs, such as death of a loved one, most older adults are able to regain their emotional balance. Some, however, may develop depression, a serious mood disorder that requires treatment. Help is available, treatment works and people do recover.

September 22

10 - 11:30 a.m.

**Charles Houston Senior Center
901 Wythe Street, Alexandria, VA 22314**

Guest Speaker: Rhonda Williams, LCSW

**Therapist Supervisor
Alexandria's Older Adult Clinical Services**

This is a free event and light refreshments will be provided.
Register at www.seniorservicesalex.org or call 703.836.4414 ext. 110.